Swami Ramanand Teerth Marathwada University, Nanded, Maharashtra, India

(UGC recognized NAAC Re-accredited B^{++} grade state university)

"A Study of Factors Influencing Stress and Its Impact on Sr & Jr College Teachers under SRTMU Jurisdiction in Latur District"

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Introduction:

Stress is considered to be an unavoidable part of life. Nowadays stress is a vital part of life which makes a person carrying negative thoughts and feelings all through his life. Many people finds it very hard to tackle the condition when under pressure, it automatically affects the psychological system of a person. It also results in change of physical, behavioral, mental as well as psychological manner of a person. Every individual will react to trauma, a traumatic situation for one person may not be perceived as stress for another person. "One of the best representations in understanding stress among students is Person- Environment".

The fundamental aspect of this theory states that stress arise from the misfit between the person and environment. In today's situation stress affect a large number of scale which adversely affect the on the teachers. It is a situation which normally affects the stress and job satisfaction of the teachers, If not properly administered it may lead to depression and anxiety of a personality.

Teacher's job is very prominent job, Stress is considered to be an issue that is affecting the overall teachers community in general irrespective of all grades and levels secured by an individual. It is major cause for both family expectations as well as for the college. In simple if the expectation of the teachers does not fulfill or unable to complete the task, it creates academic & mental pressure. The important reason of factors that arise stress is not enough time in completing the work, preparing for the examination, enormous amount of syllabus, improper managing of time, family responsibilities etc. therefore it is very clear that stress will put a person to depression and it can automatically affect the mental well-being of the teachers.

Concept of Stress

"The term stress is a common word which denotes unambiguous in the 14^{th} century which means mental, physical torture and pain. The 18^{th} scientific development of stress is actually considered good to individuals. In the 17^{th} century, it is derived from the Latin word stranger who means draw, tight and it is used to portray hardship pain.

In the 18th century stress denoted as force, pressure, strain or effort by an individual to achieve goals in an individual's life"

Stress is always measured as the effect of both physiological and psychological difference of a human. It is hardly believed as when individuals take too much of stress they don't manage up with demands. It is true that stress arise only with the imbalance that exists between demand and source to overcome the stress. They have a severe change on one's individual life. It is a situation where people fail to realise the outcome and its importance of overseeing the circumstances. Stress managing plays a vital role in administering and handling stress in all walks of life.

"Stress is the ultimate demand made upon the adaptive capability on both mind and the body"

"Stress defined a Non- definite response of the body to any hassle made upon it. It is fundamentally a psychological effect to any problem where an individual need to analyse the pressure and opportunities of the situation. It is clear that stress is a predictable part of life" It doesn't signify that always necessarily hurtful it depends on how an individual make out it which can be distress, Eustress or even neutral. Thus in order to deal with hassle proper planning and Time management can be an effective method to overcome certain situation. Individuals can even adopt coping strategies to overcome stressful state. On the contrary stress can exit even positively which motivates an individual to quickly react on the condition.

Review of Literature:

Ruby R. Brougham (2009), assessed many dimensions that influence the sources adaption of various stress & coping mechanism perceived by the college students. Sample size of 350 college students were taken into study. The validity were checked and used to validate the study. The study also revealed that even women students are prone to more level of stress than the men students of engineering colleges.

Revati & Deshpande (2012), emphasized the impact of academic stress among MBA students. The objective of the study was to explore the components of academic stress among the Master of Business Administration students. The main intent of the study was identifying the impact on performance and outcome of academic stress. Further,

this study analysed the team work related issues, assessment, and placement, stress such as curriculum and instruction. The study comprised 118 samples among the MBA students, and the data were collected with help of structured academic stress questionnaire. The statistical tools are employed in the present study was ANOVA, Chi Square, Factor Analysis, and Independent sample t-test. Ultimately the finding revealed that the students were mostly affected by the impact of stress like headache, sleeplessness, nervousness, and moodiness.

Devi Kittu (2013), Investigated the source and relationship of psychological stress and depression among final year medical students. A sample of 235 medical students from Pondicherry was considered. The current study aims to find out how much depression medical students face in their daily lives. This study found that most medical students suffer from depression and psychological distress. They were also associated with symptoms of mental stress such as being under constant stress, not being able to overcome difficulties, feeling depressed, and getting depressed. Emphasis should be placed on checking the level of depression in the initial stage of the students. Emphasis should be placed on organizing good health programs that help in coping with stress.

Harlina Siraj (2014), examined the trauma and their associations with academic performance of the students. A sample of 190 students was taken into the study. The study discovered students are highly imaginative to manage stress and students with high & severe anxiety level were observed to have higher CGPA. It is also pointed that higher stress on student can even bring constructive achievement on GPA. It shows student have to learn to administer stress when they undergo such situation.

Dawit Yikealo (2018), described the level of stress among college students in Eritrea Institute of Technology. It tries to express the new insights to identify the change in minds of students from school; to college level. 123 college students were drawn as a sample for the study. A detailed assessment of four domains was considered to know the level of stress i.e. physiological, social, psychological, Academic and the environmental. The major finding include there exist a moderate level of stress among the students. It is also revealed both Academic and environmental is the major domain

that increases the stress level. The conclusion derived from the study is to improve college communities and to develop the learning environment of the students.

Statement of the Problem

Many investigations on stress have been established but it is still said to be an uncontrollable factor, especially in the academic field. Teachers find it difficult to face the problems they face in their daily life. Stress is any situation that creates negative thoughts and feelings in a person. Over the past decades, there has been significant research on trauma and its consequences. To understand the factors that assess stress, the level they feel during job and the same on their performance. Latur is educational hub and Latur pattern is very famous all over India. Many students come to take education in Latur District across the country. Teachers plays very important role in the field of education. In Latur District there is lack of study regarding stress management of teachers. Hence, there is need to assess various factors influencing stress on the college teachers. Along with factors reaction of teachers towards perceived risk has to get attention from the researchers. Impact of stress on the performance of the Sr. & Jr. college teachers as per present and future perspective is the warning bell.

Significance of the Study

Present study is very significant due to various reasons. Teachers are very crucial part of the society. They play crucial role for students to make hard work to achieve success in the personal and career. But, many college teachers experience stress on change in life style, too much of work load, having responsibilities, and maintaining relationship with peers, friends etc. it changes the life style of an individual thereby leads to poor health, mental pressure, affects on physical health, emotionally down etc. Excessive stress level can decrease the efficiency of teachers and thus lead to low performance. Present study is significant due to all these reason. It aims to identify the factors influencing stress of the college and its impact on their life. It will help positively to handle the various situations due to which a particular college teacher can go to depression or may face other adverse thing.

Objectives of the Study

Present study will have following objectives

1. To identify factors influencing stress of the Sr. & Jr. College Teachers

2. To examine association between different factors influencing stress of the Sr. & Jr. College Teacher's life.

3. To study relationship between factors of stress and life of the Teachers in rural & urban areas.

4. To examine impact of stress on teachers present and future life.

5. To study problems arises due to stress among Sr. & Jr. College Teachers

6. To offer suggestions on the basis of results.

Hypothesis of the Study

1. There is no significant relationship between personal factors of stress and performance of the Sr. & Jr. College Teachers

2. There is no significant relationship between environmental factors of stress and performance of the Sr. & Jr. College Teachers

3. There is no significant difference between level of stress among rural and urban Sr. & Jr. College Teachers

Scope of the Study

The scope of study will be as follows

1. Geographical Scope:

Geographical area for this study will be Latur District. It includes 10 Talukas. Study will be undertaken in Sr. & Jr. Colleges among these Talukas.

2. Operational scope:

There are **137 Colleges** affiliated to Swami Ramanand Teerth Marathwada University, Nanded. Thus, study will be done in in these selected colleges.

3. Period of Study:

This proposed study will be carried out from 2020-21 to 2024-25 totally for five years

Research Methodology

1. Data Collection:

In the proposed study data will be collected through Primary and Secondary data collection sources as follows.

A. Primary Data: Structured Questionnaire will be the main source of primary data. Data will be collected from teachers working in Sr. & Jr. Colleges affiliated to Swami Ramanand Teerth Marathwada University, Nanded.

B. Secondary Data: Secondary data will be collected through published sources such as journals, existing research work done in the given subject, e-resources, magazines, books, e-books, government reports (If any), annual reports (If applicable), and existing surveys etc.

2. Sample Design:

In Latur District There are **137 Colleges** affiliated to Swami Ramanand Teerth Marathwada University, Nanded.

As there is no accurate data available about number of teachers working in Sr. & Jr. Colleges affiliated to Swami Ramanand Teerth Marathwada University, Nanded of Latur District researcher will collect approximately **450 samples randomly** from 10 talukas of Latur District. A **Simple Random Sampling Method** will be adopted for data collection. And also identify total number of students.

3. Statistical Tools to be used:

The questionnaire will be the main research instrument adopted for collection of data in this research study. Structured questionnaire will be framed under the guidance of research supervisor. Questionnaire will consists of close ended questions. Analysis of primary data will be done with help of various statistical tools like

percentage analysis, correlation analysis, chi-square test, T-test,, F-test ANNOVA (If applicable), and data will be presented with the help of tables, pie charts, graphs, bar diagrams etc.

Limitations of the Study:-

The proposed study will have following limitations:

1. The study will be conducted only within the geographical borders of Latur District.

2. The research study will be undertaken regarding Sr. & Jr. College Teachers of Latur District Only.

3. Conclusions drawn will be based on responses from sample respondents only.

4. No comparative study will be done with any other variable.

5. The opinion of respondents will not be final since it tends to change from time to time depending upon the situation.

Chapter Scheme

Chapter I: Introduction

Chapter II: Review of Literature

Chapter III: Research Methodology

Chapter IV: Data Analysis and Interpretation

Chapter V: Findings, Suggestions & Conclusion

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Research Guide

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